

What is included in a DIY Home Sauna Material Kit?

Here are all the components included in a standard DIY Home Sauna Material Kit. There are many upgrades and accessories that can be added. Ask your advisor today! <https://homesaunakits.com/help-guides/what-is-included/>

Please Note: All our Cedar comes from British Columbia Cedar Mills. We only provide Kiln Dried Western Red Cedar at a clear grade, A & Better.

Tongue-and-Groove (1x4) – We include 1x4 Cedar T&G for the inside only. The kit includes the four walls and ceiling, with the door rough-out factored in. We normally ship the front wall in full length T&G, but shorter pieces can be shipped if the door location is known. Our Tongue & Groove boards are 11/16" thick but are available in a thinner 7/16" thickness. We ship full-length T&G boards so there are no joints – horizontal installation is our standard.

Benches – two tier bench kits made from 2x4 cedar are included. Standard widths are 20" top and 16" bottom. L-benches are extra, but a 3 or 4 bench layout is available in most sizes. Benches are to be assembled on-site.

Bench Frame Supports – made from 2x4 cedar (including screws)

Sauna Parts:

Aluminum Foil Vapor Barrier for Saunas, 450 Sq Ft or 275 Sq Ft as required

2 Oval Sauna Lights – All fixtures have a cast aluminum base, with sealer gaskets to keep moisture out. The glass is frosted white and ribbed for strength. For surface mounting, these are true sauna-rated light fixtures for standard 60 watt bulbs.

Sauna Exhaust Vent – Cedar Slider Vent, covers 3"-4" Diameter Air Tunnel

Sauna Intake Vent – Metal Louvered Vent, Brown, for 3"x10" R/O

Corner Trim – Cedar Cove Moulding for the walls and ceiling. Corner trim can be sent in split lengths, and vertical trim typically ends at the top bench.

FREE Accessories - Our cedar bucket, ladle, and thermometer are included with all our kits

Not Included – Priced Separately:

Sauna Heater – A heater is provided, for dry or wet use, including controls and igneous granite rocks. Heat up time is 20-25 minutes, excluding deep rock heaters. The heater includes Limited Lifetime Warranty from the Manufacturer.

Controls - Digital Electronic Controls are included Standard for Indoor Saunas. For outdoor Saunas we recommend an upgrade to Mechanical Wall Mount Controls or Built-In Mechanical Controls.



Heater Guard – A 2 or 3-sided cedar guard is provided, as required by the layout. Included to prevent accidentally burning oneself on the heater.

Door – Sauna doors are available in several styles, sizes, and glass options. For indoor saunas, we recommend a pre-hung frameless glass door. For outdoor saunas, we recommend an upgrade to a cedar lined door for extra insulation.

Door Jamb – Pre-hung doors come assembled in the jamb. Choose whether you want it hung as a left-hand hinge (LHH) or a right-hand hinge (RHH) door. This refers to the side the hinges are on when looking into the sauna room. For safety reasons, we recommend the door swings outwards.



Popular Upgrades:

Optional Duckboard Flooring – Can be added for the walking area only. No duckboard is allowed under the heater, and we don't recommend under the benches. The cedar duckboard is added in about 50% of kits – a popular upgrade.

Optional Bench Skirting – Can be added for either the top or bottom benches, or both. Skirting will close off the gap between the top and bottom bench, or between the bottom bench and the floor. Half inch gaps are recommended for proper air flow, and to prevent moisture buildup.

Optional Fixed Back Rest – Can be added for the wall behind a top bench. A fixed back rest will attach to the wall and provide a support to lean against.

